



Sundays 8 am—1 pm
Village Inn parking lot
Main Street, Belgrade Lakes village

We are open for the 2009 season—
come and see us!

What's new at your local market?

24 July 2009

A case study in local food – Lettuce!

Our market shoppers know the value of locally produced food and farm products. But eating locally takes some getting used to, and tuning into seasonal availability can bring new variety to your table. Case in point: **lettuce**.

A good green leafy salad is hard to beat, especially with local lettuce. Supermarket lettuce is easy to find all year long; local lettuce—in its wonderful array of different colors, shapes, sizes, textures, and tastes—is abundant at our markets until about mid-July. Then, all of a sudden, the local supply dwindles. What's up?

Lettuce is a cool-season green that goes to seed (bolts) and becomes bitter when the weather gets hot or mid-summer arrives. (Not that we've had to worry about hot weather yet this summer!) Some varieties can be grown most of the summer long, but the real production is in the spring and early summer. Local lettuce in August is not plentiful. So... rather than relent and buy from the supermarket so you can continue to have your usual salads, why not get creative and make other summer salads with what's local?

So many possibilities! Cucumber salads and cole slaw, of course, but also broccoli

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This talked-about documentary is now at [Railroad Square Cinema](#) in Waterville, until July 30. It's a "sobering but immensely entertaining new film that traces what we eat and why we should change it"

Did you know.....?

that the average food product travels about 1,500 miles to get to your grocery store? And that transporting food accounts for 30,800 tons of greenhouse gas emissions every year? (source: Food, Inc. website)

Recipe of the week— What's-at-the-Market Vegetable Salad (ingredients in bold type are available at the Market)

The idea here is to use what you can find in season. Asparagus, maybe not by late July, so leave it out if needed; don't like cauliflower? Then substitute broccoli—you get the idea.

1/4 pound baby **carrots**, whole or cut into bite-size
1/2 pound small fresh **green beans**, whole or cut into bite-size
1/2 pound **snow peas or snap peas**, whole or cut into bite-size
8 to 10 very small red **potatoes**, halved or quartered
1 small head **cauliflower**, cut into 1" pieces
1 or 2 small **yellow summer squash**, sliced
1/2 pound **asparagus**, sliced into 1-2" pieces
2 to 3 medium cloves **garlic**, minced
1/4 cup extra virgin olive oil
1 teaspoon salt
black pepper to taste
4 to 5 tablespoons mayonnaise (optional)
Minced fresh **basil**, tarragon, marjoram, **dill**, and/or **chives**
1/2 cup fresh lemon juice

- Steam the potatoes until just tender, about 10 to 12 minutes. While potatoes are cooking, place the garlic and olive oil in a large bowl. When the potatoes are done, transfer them - still hot - to the bowlful of garlic and oil.
- Steam the carrots, cauliflower, and green beans together until just tender, for about 8 to 10 minutes. Refresh under cold water, drain well and transfer to the bowl.
- Steam together the asparagus, snow peas, and squash until just *al dente*. (This will take less than 5 minutes.) Add to the rest of the vegetables, and mix gently.
- Add remaining ingredients, except for the lemon juice, and stir again. Cover tightly and chill until very cold. Stir in the lemon juice within 15 minutes of serving time.

Adapted from Mollie Katzen's *Still Life with Menu* cookbook. More at <http://www.molliekatzen.com/>

More on the market at
www.belgradelakesfarmersmarket.org

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salads, kale salads, green bean salads, and, if we ever get enough warm weather to ripen, corn and tomato salads!

Our Recipe of the Week gives just one example of how to combine fresh market vegetables into a summer salad. Experiment and enjoy!

Do you have your own great recipes for summer salads using farmers' market produce and/or meats? Send them along and we'll include them in a newsletter or post them on the website!